Shooting suspect dazed in court

Man accused of killing Colorado moviegoers appears dishevelled and altogether out of it in first court appearance

PAGE 6

ABBEY SECRETS

SEASON 3 TRAILER FOR THE PBS MEGAHIT DOWNTON ABBEY FEATURES SPOILERS APLENTY PAGE 12

OTTAWA metro®

Tuesday, July 24, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

MOTHER NATURE FLEXES POWER

PAGE 3

A man bikes past a large tree branch that fell across Percy Street in the Glebe during a thunderstorm on Monday evening. JESSICA SMITH/METRO

Well woes hit Carp

Malfunction. Pump failure at communal well leaves residents scrambling for drinkable water, showers

JOE LOFARO
joe.lofaro@metronews.ca

About 1,800 Carp residents had to find alternate means of getting clean Monday as the taps in their homes ran bone dry after the communal well system broke down Sunday afternoon.

Some used the family pool, while others headed into town to hit up a relative for a shower.

As city staff worked to fix the broken pipes, bylaw officers handed out bottled water and hand sanitizer to dozens of residents who drove through the Carp Fairgrounds looking for relief from the do-not-drink-water advisory. Residents on the communal well system were asked not to drink or bathe in their tap water.

For residents like Danielle Broadhurst, potable water became a luxury.

"I can't even do dishes or anything else right now," said Broadhurst. "Brushing teeth is a bit of a problem as well now with the kids.

"We're trying to deal with toilets now and not being able to flush."

Broadhurst said she planned to drive to Kanata to visit some relatives so her family can take showers.

She is coping so far with the lack of water, but for others it's a big concern.

Angela Sluijter, a personal support worker, provides at-home care to people who are recovering from surgery.

She is worried because she said she can't give showers to her clients, some of whom are disabled.

"Right now there is zero water supply," said Sluijter. "This is a very serious concern because they need to be able to wash their hands, be able to have drinking water.

"I think it's great that the City of Ottawa is giving us bottled water. However, I need to be able to toilet these people."

MORE COVERAGE, PAGE 4

BECOME OUR NEXT SCHOOL BUS DRIVER

First Student Canada

www.firststudentcanada.com

FREE TRAINING
CALL TODAY!
613-688-0653

Get yours before August 13

fido

iPhone 4 is now $0

$0 with select 3-year Fido Agreements*

iPhone

Get the Fido ADVANTAGE™

FidoTRADE | FidoDOLLARS | *Fido LiveANSWERS*

It's time to switch.
Go to **fido.ca**, visit a store or call **1-866-301-3436**.

FIDO STORES

Quinte Mall, Belleville
360 Maloney West Blvd., Gatineau
Les Galeries de Hull, Gatineau
Promenades de l'Outaouais, Gatineau
Cataraqui Town Centre, Kingston
Bayshore Shopping Centre, Nepean
Place D'Orléans, Orléans
70B George Street, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa
Elmvale Mall, Ottawa
Merivale Mall, Ottawa
St. Laurent Shopping Centre, Ottawa
Landsdowne Place Mall, Peterborough

FUTURE SHOP · booth wireless · WIRELESSWAVE · BEST BUY · WIRELESS etc... · COSTCO WHOLESALE · Walmart · THE MOBILE SHOP

Offers end August 13, 2012 and are subject to change without notice. *With new activation on 3-year Fido Agreement on plans of $25 or more and eligible Data Add-on (e.g. $10/100 MB Add-on excluded); Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. © 2012

Severe storm.
Drops hail, downs trees

The severe storm that hit Ottawa Monday evening took out hydro wires and snapped tree branches, but there were no immediate reports of serious damage in the region.

Environment Canada spokesperson Peter Kimbell said there were two unconfirmed reports of tornadoes west of Ottawa — one in Lanark and another near Golden Lake. There was also a funnel cloud in the Richmond area, he said. Kimbell said Orleans was also hit by grape-sized hail.

Ottawa police said they received about five calls between 3:30 and 5 p.m. for downed trees. Police also received calls for at least five collisions. One was for a tree that fell on a car near the intersection of Conroy and Hunt Club roads.

Ottawa/Macdonald-Cartier International Airport saw numerous flight delays due to lightning in the area.

Thousands of Hydro Ottawa customers across the city lost power, including residents of more than 3,000 homes near Greenbank Road in Barrhaven and Nepean. Temperature-wise, Ottawa reached a high of 33 C Monday, about two degrees shy of the 1955 record of 35 C. See metronews.ca for updates. JOE LOFARO/
WITH FILES FROM JESSICA SMITH

Film festival

OIFF tickets hit the box office

Tickets are now on sale for the third edition of the Ottawa International Film Festival (OIFF), running Aug. 16 to 19.

Twenty-seven local and international films will be showcased in the festival to be held at Empire Theatres in the World Exchange Plaza. Single tickets are $10, day passes $20, and Industry Access Passes that allow complete access to all screenings are $115.

JESSICA BEDDAOUI/FOR METRO

Two weeks of fires around the city have left firefighters exhausted, said spokesman Marc Messier. METRO/CONTRIBUTED PHOTOS

Firefighters buoyed up by community

Feeling the heat.
'We've been taxed,' says fire spokesman, after two weeks battling daily fires

GRAHAM LANKTREE
graham.lanktree@metronews.ca

A blaze that burned almost 2.4 hectares of forest in Carp was under control Monday after catching fire Sunday afternoon.

That's in part thanks to the public, say firefighters who are grateful for the ongoing community support they've received.

More than 54 brush and grass fires have hit the city over the past two weeks, said Ottawa Fire Services spokesman Marc Messier.

"We're averaging about six grass fires every day," he said.

Crews are exhausted after fighting fires in sweltering temperatures that at times hit 40 C with the humidex, said Messier.

"It's kept us busy. We've been taxed, it's been exhausting for the crews."

Yet their spirits have been buoyed by all the support they've received from Ottawans.

"People regularly drop off cases of water," Messier said.

Others have been offering them home-cooked meals.

"Hey, @OttawaFirePIO, would it be helpful if people in Ottawa cooked and baked and brought some food to your teams?" asked tweeter @amyboughner.

Upscale restaurant Luxe Bistro in the market offered firefighters 10 per cent off their bill for all the hard work.

"The fact that firefighters are working 24 hours a days shows how difficult these fires are to control," said Noah Firestone, a co-owner of Luxe. "Every time you pick up a newspaper these days there's something that's fire related."

Appreciation

"Many thanks to @OttawaFirePIO for all the hard work these days to keep our community safe."
Tweet from OttawaFamily

Land affected

2.4

hectares of forest have burned in a Carp brush fire that started Sunday.

Frequency

6

grass or bush fires are called in every day to Ottawa firefighters.

Total amount

54

grass and bush fires have hit the city in the past two weeks.

1 NEWS

On the web

Athletic prowess redefined

We're still a few days away from the opening ceremonies in London, and already a group of Paralympians is stealing the spotlight with their talents. Go to metronews.ca to read more.

Mobile news

A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.

Sensational!
SMITHS FALLS
Heart of the Rideau Canal
Come experience Sensational! Downtown Smiths Falls
Downtown Smiths Falls offers you over 160 unique shops and services. You'll discover a wonderful selection of clothing, giftware, jewellery, art, antiques and specialty products.
While you're searching for that special item, pause to enjoy an unmatched dining experience or explore one of the museums or waterfront attractions.
Smiths Falls, where you can Shop, Explore & Be Sensational!
www.smithsfalls.ca
www.downtownsmithsfalls.ca

Peaceful rally. Two face charges after protest

Jakob Pomeranzev

Kurtis Benedetti

Two people arrested at a peaceful student protest were released from custody Monday.

Jakob Pomeranzev, 19, and Kurtis Benedetti, 24, are both charged with common nuisance and mischief for their roles in Sunday's protest.

Police said the march weaved through downtown disrupting traffic, but no one was injured and no property was damaged.

"The police officers claimed that I was the leader of our student demonstration," said Pomeranzev.

Ottawa Students MOBILIZE! is modelled after student protests in Quebec and uses the same hand-gesture system to vote on all decisions. Pomeranzev said it was just his job to convey the vote results back to the group.

After the march the protesters stopped at Major's Hill Park.

About 30 minutes later, officers moved in and arrested Pomeranzev and Benedetti, the protesters said.

"I was just lying on the grass and not doing much, and the police came over and arrested the two of us," said Benedetti.

Joseph, who did not want to disclose his last name, said police quickly surrounded the group.

"I was very afraid. I do not want be arrested. I thought they were going to arrest us all," he said.

A police spokesperson said officers would not disclose their account of the protest or arrests because the case is before the court.

JESSICA SMITH/METRO

Awesome Ottawa. Group funding fun projects

If you've noticed Ottawa becoming more awesome, you may have seen the work of Awesome Ottawa, a group handing out $1,000 every month to projects they think are making the city more fun.

A reading garden along the canal, a plan to harness the power of Ottawa's fruit trees and an outdoor lunch-time dance party on Sparks Street this August are just a few of the projects they're backing.

"Everywhere needs to be made more awesome," said Avi Caplan, one of the group's founders. "We're just 10 people who get together every month and each give $100. We get about 15 applications a month and there are no strings attached to the money. We trust people to do what they say."

Started in Boston in 2009, the Awesome Foundation has brought the idea to cities around the world with Awesome chapters cropping up everywhere from Mongolia and Israel to Halifax, Newmarket, Toronto and Montreal.

"We want people to know that with a little bit of money you can do something fun that makes Ottawa a better place," said Caplan.

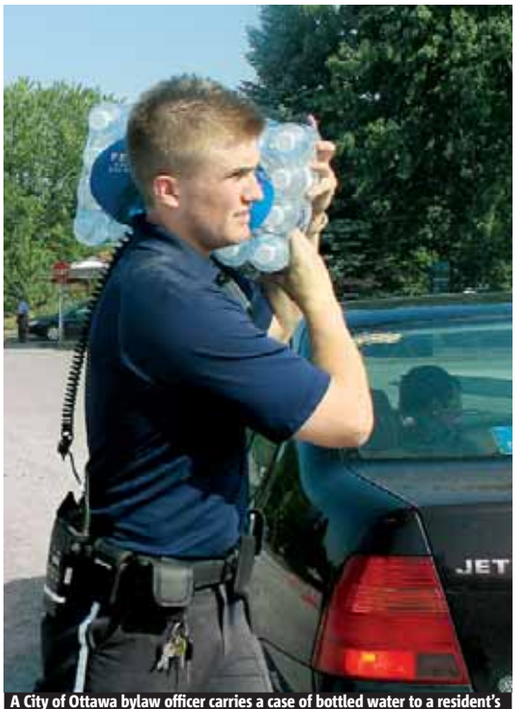
GRAHAM LANKTREE/METRO

Bad idea

A local man found a $1,000 Yeti costume online and wanted to buy it so he could hide in the bushes along the roads of Gatineau Park at night.

- His idea was to jump out in front of passing cars to scare the drivers and passengers.

No shortage of water if another fire hits Carp, says councillor


A City of Ottawa bylaw officer carries a case of bottled water to a resident's car at the Carp Fairgrounds Monday morning. JOE LOFARO/METRO

Showers. The city says The Goulbourn Recreation Centre, Richmond Arena, and Kanata Leisure Centre are open to Carp residents

JOE LOFARO
joe.lofaro@metronews.ca

As Carp residents cope with another day without running water, Coun. Eli El-Chantiry says they don't need to worry about the water supply in case of another fire.

"We don't have a shortage of water to fight fire," said El-Chantiry, who represents the West Carleton-March ward.

"My biggest concern is residents to come out and pick up bottled water from the location we have, and also if you have elderly (loved ones) check up on them."

The councillor said rural areas like Carp don't rely on fire hydrants for fires, and instead use water from nearby lakes and rivers.

In the meantime, El-Chantiry is urging residents not to use the taps in their homes if they're on the communal-well system.

In repair

Dixon Weir, the city's general manager of environmental services, said the pipe system came apart on Sunday, which resulted in flooding in the basement of the pumping station and damage to the pump motors.

- City staff removed the damaged motors and are repairing the pipes.
- Weir said he hopes to restore the communal well to a partial level of service Tuesday, but that would mean affected residents would be put under a boil-water advisory.
- The operation of the well could be fully restored by Wednesday, he said.

Lock away 'broken people': Hudak

Progressive Conservative Leader Tim Hudak says he wants the province's "broken people" locked away.

Hudak, who was in Ottawa Monday to promote his jobs plan, commented before Premier Dalton McGuinty's meeting with Toronto Mayor Rob Ford.

The premier later earmarked $12.5 million to prevent gun crime in that city following a spate of shootings.

"I hope that we don't lose focus on two main drivers," Hudak said.

"High unemployment means there are fewer economic opportunities and (young people) start looking to gangs.

"Secondly, you have to send a signal," he added. "If people are breaking the law, if people are broken people, if they're violent criminals, we've got to end the system of revolving-door justice and putting them back on the street."

Hudak defined "broken people" as violent criminals who will commit more crimes if released from jail.

JESSICA SMITH/METRO

Progressive Conservative Leader Tim Hudak speaks at a press conference in Ottawa on Monday. JESSICA SMITH/METRO

Prepare for your future

Management Development Program for Women

Professional part-time program. Bursaries available.

For more information, please call 613-520-2650.

www.sprott.carleton.ca/mdpw/

Carleton UNIVERSITY | Centre for Research and Education on Women and Work

SPROTT SCHOOL OF BUSINESS

CONTRIBUTED

JORY STEINBERG

'I always knew I was going to do (something like) this — I just didn't know how'

On her 10th birthday, Ottawa native Jory Steinberg decided she wanted to try her hand at singing. That same year, she landed a role in the Canadian Stage production of Les Misérables; at 16, she was offered a record deal in L.A. with David Foster and Warner Bros.

Steinberg has since toured with pop rockers Toto and has graduated from university with a degree in psychology. She currently stars as one of three vocalists in Michael Jackson: The Immortal World Tour, which comes to Ottawa Tuesday and Wednesday at Scotiabank Place.

You auditioned for American Idol in 2007. What was that like?
It was amazing. It opened up a lot of doors for me. I made it to the top 30. That experience was good in the sense that it gave me a lot of exposure. My audition was seen by 35 million people worldwide.

How did you get involved with Michael Jackson: The Immortal World Tour?
I was approached by the musical director, who had put together a band in his head with musical voices he had worked with in the past. We had done a gig together a few months before. I guess I was fresh in his mind.

Were you always an MJ fan?
One of my earliest memories is watching the making of Thriller. I was fixated. I just connected to Michael.… Michael was like my core of my music. I always knew I was going to do (something like) this — I just didn't know how.

So, what's next for you?
I might want to settle down from touring. I've been interested in law school.... I'm going to try and fit everything in.... We'll see what happens. I definitely have lots of dreams and aspirations, but music will always be my driving force. JESSICA BEDDAOUI/FOR METRO

The show

Michael Jackson: The Immortal World Tour aims to capture the pop icon's love of dance, music, fairytale and magic while spreading an overall message of love, peace and unity.

- The show combines hit singles and choreography with a Cirque du soleil flare. It features more than 60 international dancers, musicians and acrobats.
- Tickets vary from $50 to $250 each and can be purchased online at cirquedusoleil.com/michaeljackson or over the phone at 1-877-788-3267.

TUESDAY, JULY 24 TO THURSDAY, JULY 26

Keep calm and carryon

65% off
DELSEY Breeze 2.0 and Extreme Lite
Delsey Breeze 2.0. Reg. $225 to $325 Sale $78.75 to $113.75
Extreme Lite. Reg. $250 to $325 Sale $87.50 to $113.75
Shop online

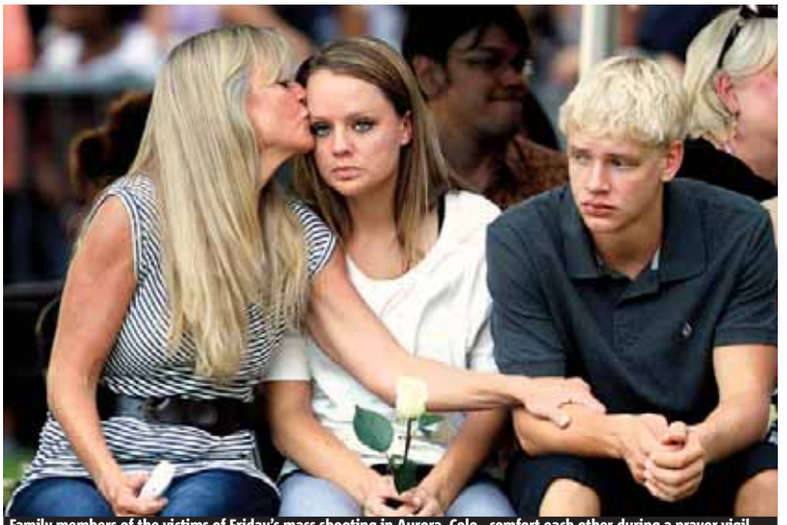
Plus, 50%–70% off
Other luggage
Excludes Victorinox and items with 97¢ price endings.

Visit thebay.com for our online home catalogue with this week's offers on designer bedding, appliances, kitchenware and more.

twitter.com/thehudsonsbayco
facebook.com/hudsonsbaycompany

the Bay
THEBAY.COM

Sears*
DISCOUNTS AT THIS LOCATION ONLY
RIDEAU CENTRE 50 Rideau St
STORE CLOSING!
OVER $11.5 MILLION OF INVENTORY
EVERYTHING MUST BE SOLD!
ALL FASHIONS, SHOES, JEWELLERY, LUGGAGE, RUGS, BED & BATH FASHIONS, FURNITURE, MATTRESSES, HOUSEWARES, HARDWARE, SPORTING GOODS, EXERCISE EQUIPMENT, PATIO FURNITURE, GRILLS & MUCH MORE
WE MUST SELL TO THE BARE WALLS!
SAVE ON ALL YOUR HOME APPLIANCES
TVs & APPLIANCES *INCLUDING* WASHERS, DRYERS, STOVES, WALL OVENS, REFRIGERATORS, FREEZERS, DISHWASHERS MICROWAVES AND MORE
ALL AT DISCOUNT PRICES
SHOP NOW FOR BEST SELECTION!
ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT ALL MAJOR CREDIT CARDS INCLUDING SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. DISCOUNTS EXCLUDE COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS



Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil.
TED S. WARREN/THE ASSOCIATED PRESS

Families watch dazed shooting suspect in court

Parallels. James Holmes donned fiery red hair, and has reportedly told officers he was 'the Joker'

His hair dyed a shocking comic-book shade of orange-red, the former doctoral student accused of killing moviegoers at a showing of the new Batman movie in Colorado appeared in court for the first time on Monday, but he didn't seem to be there at all.

James Holmes shuffled into court with his hands cuffed — the first look the world got of the 24-year-old since the Friday shooting that left 12 people dead and 58 others injured at a packed midnight screening of The Dark Knight Rises. It was one of the worst mass shootings in recent U.S. history.

Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. At one point, Holmes simply closed his eyes. Prosecutors said they didn't know if he was being medicated.

Throughout the hearing, he never said a word. His attorneys did all the talking when the judge asked him if he understood his rights.

His demeanour, however, angered the relatives of some of the victims of the shooting. Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the attack. "I saw the coward in court today, and Alex could have wiped the floor with him without breaking a sweat," said Teves, whose son, a physical therapist, dove to protect his girlfriend.

On Friday, there were reports that he told arresting officers that he was "the Joker." Batman's nemesis in the films has brightly coloured hair. Investigators found a Batman mask inside his apartment, a law-enforcement official said.

Prosecutor Carol Chambers said earlier her office is considering pursuing the death penalty against Holmes and that a decision will be made in consultation with the victims' families. THE ASSOCIATED PRESS

Gun control

Candidates avoid touchy subject

The White House's only remarks on gun control have been to say the president backs the country's existing laws — even though the alleged Aurora gunman legally acquired weaponry. THE CANADIAN PRESS

Warner Bros.

Trailer pulled

Warner Bros. has moved to pull trailers of Gangster Squad, which includes a scene of mobsters firing into a crowded movie theatre. THE ASSOCIATED PRESS

PhD. University reticent to offer suspect details

Officials at the University of Colorado Anschutz Medical Campus were looking into whether Holmes used his position in a graduate program to collect hazardous materials, but that disclosure was one of the few it has made three days after the massacre.

It remained unclear whether Holmes' professors and classmates at his 35-student PhD program noticed anything unusual about his behaviour.

His reasons for quitting the program in June also remained a mystery. Holmes recently took an intense oral exam that marks the end of the first year. University officials would not say if he passed, citing privacy concerns. THE ASSOCIATED PRESS

James Holmes ARAPAHOE COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS

Penn State football spared but crippled

Scandal. Program where convicted sex offender Jerry Sandusky was assistant coach ordered by NCAA to pay $60M

A potential exodus of star athletes. No hope of playing in the post-season. More than a decade of accomplishments erased from the record books. And Joe Paterno's legacy in shreds.

Penn State football, a long-time powerhouse that was once one of the cleanest, most admired programs in college sports, escaped the so-called death penalty from the NCAA on Monday but was dealt a heavy blow that will cripple it for years to come.

Penn State student Laura Lovins reacts to sanctions against the football program.
GENE J. PUSKAR/THE ASSOCIATED PRESS

The university agreed to an unprecedented $60-million US fine, a four-year ban from post-season play and a cut in the number of football scholarships it can award — the price it will pay for having looked the other way while Jerry Sandusky brought boys onto campus and molested them.

The NCAA also erased 14 years of victories, wiping out 111 of Paterno's wins and stripping him of his standing as the most successful coach in the history of big-time college football.

"Football will never again be placed ahead of educating, nurturing and protecting young people," NCAA president Mark Emmert declared.

Penn State meekly accepted its punishment, pledging to hold itself to high standards of honesty and integrity.

Nicole Lord, a senior, questioned why Penn State's student body, and especially its athletes, should be punished "for the wrongs of three men and a monster."

THE ASSOCIATED PRESS

Fires displace more than 1,400 in Spain

Farmers try to extinguish a fire in Llers, Spain, Monday. The fires that broke out Sunday in several parts of the Catalonia region forced more than 1,400 people to stay the night in shelters. Fires were still burning Monday in many places, with roads cut off because of the billowing smoke. Train service in the region was suspended and several cross-border roads linking Barcelona with France closed because of the advancing flames, regional government spokesman Felip Puig said Sunday. MANU FERNANDEZ/THE ASSOCIATED PRESS

Beijing

Was drainage to blame in floods that killed 37?

As China's flood-ravaged capital dealt with the aftermath of the heaviest rain in six decades Monday, including the deaths of 37 people, questions were being raised about whether Beijing's push for modernization came at the expense of basic infrastructure such as drainage networks.

Rescuers were still searching buildings that collapsed during Saturday night's downpour and some roads that were covered in waist-deep water remained closed. The city government said that, as of Sunday night, 25 people drowned, six were killed when houses collapsed, one was hit by lightning and five were electrocuted by fallen power lines.

Beijing residents shared photos online of submerged cars stranded on flooded streets, city buses with water up to commuters' knees and cascades of water rushing down the steps of overpasses.

A report says nearly 57,000 people were evacuated from their homes and damages reached at least $1.6 billion US. THE ASSOCIATED PRESS

Syria threatens to use chemical weapons

A Syrian refugee carries his injured son at Al-Bashabshy Refugee camp in Al-Rumtha, Jordan. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Desperate warning. Western concerns over long-suspected chemical stockpiles have deepened as rebels gain momentum in fight to oust Assad regime

Syria threatened Monday to unleash its chemical and biological weapons if the country faces a foreign attack, a desperate warning from a regime that has failed to crush a powerful and strengthening rebellion.

The statement — Syria's first-ever acknowledgement that the country possesses weapons of mass destruction — suggests President Bashar Assad will continue the fight to stay in power, regardless of the cost.

During a televised news conference Monday, Foreign Ministry spokesman Jihad Makdissi stressed that the weapons are secure and would only be used in the case of an external attack.

"No chemical or biological weapons will ever be used, and I repeat, will never be used, during the crisis in Syria no matter what the developments inside Syria," he said. "All of these types of weapons are in storage and under security and the direct supervision of the Syrian armed forces and will never be used unless Syria is exposed to external aggression."

Israel and the U.S. are concerned that Syria's stockpile of chemical weapons could fall into the hands of Islamist militants should the regime in Damascus collapse.

Israeli Prime Minister Benjamin Netanyahu warned Sunday that his country would "have to act" if necessary to safeguard the arsenal from rogue elements. THE ASSOCIATED PRESS

Suspected stockpiles

- Syria is believed to have nerve agents as well as mustard gas, Scud missiles capable of delivering these lethal chemicals and a variety of advanced conventional arms, including anti-tank rockets and late-model portable anti-aircraft missiles.

Iraq. Nationwide attacks kill at least 106

A startling spasm of violence shook more than a dozen Iraqi cities Monday, killing more than 100 people in co-ordinated bombings and shootings, and wounding twice as many in the country's deadliest day in more than two years.

The attacks came only days after al-Qaida announced it would attempt a comeback with a new offensive against Iraq's weakened government.

With the U.S. military gone and the government mired in infighting, the Iraqi wing of al-Qaida has vowed to retake areas it once controlled and push the nation back toward civil war.

Though there was no immediate claim of responsibility for Monday's attacks, nearly all of them struck in the capital and in northern Iraqi cities where al-Qaida can most easily regain a foothold.

So far this summer, militants linked to al-Qaida have claimed responsibility for a steady drumbeat of attacks designed to keep the government off-balance as it struggles to overcome a power struggle that pits Sunni and Kurdish leaders against the Shiite prime minister. THE ASSOCIATED PRESS

Fall into savings sale.

Save on flights and vacation packages for fall travel.*

Save on Canadian flights, as well as flights and vacation packages to the U.S., Mexico and Caribbean.*

Book by: July 26, 2012 for travel on select days

Travel from: September 4–December 12, 2012
Blackout dates from October 4–9, 2012

Book your flights or vacation package at **westjet.com**, or call your travel agent.

WESTJET vacations WESTJET

*Seasonal start and end dates apply. Book by July 26, 2012 (11:59 p.m. MT) for travel from September 4 to December 12, 2012. Blackout dates from October 4 – 9, 2012. For Canadian destinations, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For U.S. destinations, travel on Tuesdays, Wednesdays and Thursdays. For San Juan, Puerto Rico, travel on Saturdays until October 27, 2012. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code-share, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. New bookings only. Non-refundable. Offer limited and subject to availability. Advance purchase required. Other restrictions may apply. See westjet.com for full seat sale details. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

Iran

Iranians protest food-price hike

An Iranian news agency reports people have poured into the streets of a northeastern city to protest a steep hike in the price of chicken.

Protesters blamed mismanagement by President Mahmoud Ahmadinejad's administration, but the rare demonstration could be an indication of the effects of Western sanctions over Iran's suspect nuclear program. The sanctions have led to the collapse of Iran's currency and to subsidy cuts, raising prices of basic commodities. THE ASSOCIATED PRESS

Syria

Elections a path out of crisis: Iran

Iran's parliamentary speaker is proposing Syria hold presidential elections as a way to end the civil war between Syrian rebels and the regime of key Tehran ally President Bashar Assad.

Such a plan suggests Iran recognizes the growing pressures on Assad's regime and is seeking ways to preserve a pro-Iranian leadership in Damascus. THE ASSOCIATED PRESS

Cyprus. No links between local and Bulgarian terror suspect: Minister

A man held on suspicion of helping to plan attacks against Israeli tourists in Cyprus displayed similar behavioural patterns to a suicide bomber who killed six in a Bulgarian seaside resort, the island's justice minister said Monday, but stopped short of drawing any links between the two.

Minister Loucas Louca said that the case was "very sensitive," and although the actions were not similar "some patterns of his behaviour were the same as that of the terrorist in the Bulgarian terrorist attack."

Louca said the 24-year-old suspect belonged to an organization that is not on a European Union list of known terrorist groups. THE ASSOCIATED PRESS

Suspect

Cyprus authorities have remained tight-lipped about the man's identity or his intended target, but have said they believe he was acting alone.

- State media have widely reported the suspect to be a Swedish passport holder of Lebanese descent with affiliations to Lebanon's Hezbollah, who was monitoring and recording the movements of Israeli tourists.

Egypt. New measures to ease travel restrictions for Palestinians

Egypt is allowing freer temporary entry for Palestinians in an unprecedented move that eases long-imposed travel restrictions, particularly on Gazans, Egyptian and Palestinian officials said Monday.

The decision has caused confusion among security agencies — and appeared to bring some resistance. Some officers at the airport refused to implement the measures, an airport official said.

The changes appear to be a gesture to the Palestinians after separate meetings last week between Egypt's president, Mohammed Morsi of the Muslim Brotherhood, and Palestinian leader Mahmoud Abbas and the leader of Hamas, Khaled Mashaal, whose group controls Gaza. THE ASSOCIATED PRESS

Palestinian leader Mahmoud Abbas THE ASSOCIATED PRESS

RBC Royal Bank

Canada's mortgage rules have changed. How do they affect you?

It's time for a mortgage coach with the right advice.

RBC Mortgage Fitness Plan:

- ☑ **Advice** – Over 1,400 dedicated mortgage professionals
- ☑ **Flexibility** – Save thousands with payment features like Double Up®
- ☑ **Savings** – Home equity credit line at only 3.5% (prime + ½%)

PLUS a **$500 house warming gift**† for first time buyers, or **we'll cover switching costs**†† for existing mortgages.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

† Offer only available to first-time homebuyers who obtain a 5 year fixed interest rate closed mortgage with Royal Bank of Canada ("RBC Royal Bank") or on one RBC Homeline Plan® mortgage segment. Some conditions on interest rate may apply. To qualify for this offer, clients must have or open a mortgage payment account with RBC Royal Bank. The $500 will be deposited to this account. To be eligible: (i) the mortgage application date must be on or after July 19, 2012 and mortgage funds must be fully advanced within 120 days from application date; (ii) the mortgage or mortgage segment must be for a minimum principal amount of $100,000. This offer cannot be combined with any other special offers and cannot be used for construction draw mortgages. Offer may be withdrawn or amended without notice at any time. †† We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. Personal lending products and residential mortgages are offered by RBC Royal Bank and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. The CIBC-funded survey says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement. THE CANADIAN PRESS

Market Minute

DOLLAR 98.35¢ US (-0.4¢)

TSX 11,545.54 (-77.37)

OIL $88.14 US (-$3.69)

GOLD $1,577.40 US (-$5.40)

Natural gas: $3.09 US (-1¢)
Dow: 12,721.46 (-101.11)

Nexen to be acquired by Chinese firm for $15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a $15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including $8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oilsands project in northern Alberta in late 2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for $2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive $26 in cash, plus accrued dividends. THE CANADIAN PRESS

Commodities

Chinese investment in Canada rising

China's multibillion-dollar shopping spree in the Canadian oil patch Monday is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

"China continues to be a very fast-growing country," said Fred Ketchen, manager of equity trading at Scotia Capital.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for $1.5 billion.

It's not uncommon for countries like China — looking to secure commodities — to look to Canada, said Ketchen. "We're a natural-resource country and we're attractive from that standpoint," he said.

Canada has "shot up on the chart" of Chinese overseas investment recently, added Wenran Jiang, an expert on China who advises the Alberta's department of energy. THE CANADIAN PRESS

Redbox hoping to revamp DVD market with kiosks

A Redbox kiosk is seen in Toronto. The Illinois-based company hopes its model will energize the video-rental industry. DAVID FRIEND/THE CANADIAN PRESS

When major video stores Blockbuster and Rogers Video began to close their doors last year, some movie enthusiasts hoped it would usher in a new era of digital possibilities for the Canadian rental market.

Instead, they've been left waiting as a handful of new entrants like Netflix and iTunes saunter into the billion-dollar industry with a sometimes limited selection of new releases, and a back catalogue that left some longing for the dusty video stores of yesteryear.

Redbox is a latecomer to Canada, but the Illinois-based company hopes its kiosk business model will energize the industry as it rolls out its DVD rentals in retail outlets over the next year.

If its success south of the border is any indication, Redbox could be become a competitor to contend with, mostly because its low-priced DVD-rental model of $1.50 per-day is practically unheard of in Canada.

But the company will be battling against sentiment that physical discs are a dying format and late fees are a hassle.

Redbox has secured agreements to set up kiosks at Canadian Walmart retail stores and convenience stores operated by Alimentation Couche-Tard, which places it amid impulse buyers picking up groceries and other regular essentials.

The Redbox debut will be more aggressive than its counterparts. A nationwide rollout that started last month in Toronto and Vancouver will grow to as many as 2,500 kiosks by the end of 2013, putting it in line to be the biggest rental outfit in Canada. THE CANADIAN PRESS

Video wars

While Redbox says it's a pioneer, the company is also treading into kiosk turf that several others have been navigating on a smaller scale.

- Over the past year, DVD kiosks have sprung up from companies like Best Buy, Playdium, Zip.ca and Planet DVD, each one offering a similar price structure ranging from $1 to $2 per rental.

Canada's National Notary Company
Notarization & Legalization
Over 100 Locations Across Canada
Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing
Red Seal NOTARY
Scan and Save
Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel
RedSealNotary.com
1-888 922-7325

Henderickx's nofrills® lower food prices
nofrills.ca
We are currently looking for applicants for the following position:
MEAT ASSOCIATE
3-5 years experience
If you are motivated and eager to work in a fast paced environment, please send your resume to
1226 Place d'Orleans Drive, K1C 1L2
Attention: Benoit Henderickx
1226 Place D'Orleans Dr. (across from Place D'Orleans mall)

Safety concerns. U.S. feds probe Chrysler vehicles

Chrysler's two top-selling vehicles, the Ram pickup and the Jeep Grand Cherokee SUV, are under investigation by a U.S. government agency for safety problems.

The rear wheels can lock up in Rams from the 2009 and 2010 model years, potentially causing crashes, while power-steering fluid hoses can leak in 2012 Grand Cherokees, possibly causing engine fires, according to documents posted Monday on the National Highway Traffic Safety Administration (NHTSA) website.

The investigations affect up to 230,000 Ram pickups and nearly 107,000 Grand Cherokees. The pickup is Chrysler's top-selling vehicle this year, while the Grand Cherokee is No. 2. Chrysler says it's co-operating with NHTSA and takes customer complaints seriously.

The safety agency said it opened the investigation after getting a dozen complaints from Ram owners about locking wheels. Gears that allow the wheels to turn at different speeds can fail, causing the wheels to freeze while the trucks are moving, the agency said. THE ASSOCIATED PRESS

NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at $54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS

Journey to the last ice area begins

METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO

The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

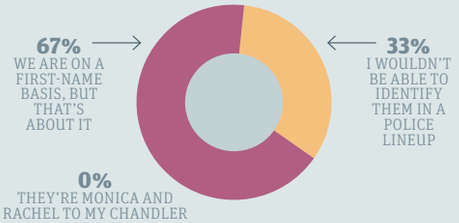
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?


67%
WE ARE ON A FIRST-NAME BASIS, BUT THAT'S ABOUT IT
33%
I WOULDN'T BE ABLE TO IDENTIFY THEM IN A POLICE LINEUP
0%
THEY'RE MONICA AND RACHEL TO MY CHANDLER AND JOEY

Twitter

@HanoufKh: ... That's too much rain for one day #ottawaweather #Ottawa ~

@CharlotteField8: Hey #ottawa how much would it suck if @Adele set fire to this rain! #monsoon

@weloveottawa: What do you do in #ottawa when the power is out? For a @hydrootawa map of those affected visit http://t.co/razweel8

@HeatherBadenoch: Big tree just came down in Manordale. #ottnews #ottawa http://t.co/6BwLa2Kh

@NataliaMontuno: Hello @DynamiteMotel,so glad to have friends with such of talent. Make my forget all the Crap a take just to make a living #Music #Ottawa

@Ottawaathomemag: Did you know that #Ottawa now has a Decorating Den? http://t.co/fJkQfUwx

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone. Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina. Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web

Young Hollywood aims for fun fashion at the Teen Choice Awards

DVD reviews

Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●○

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of Keyhole, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. Keyhole is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Aba, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film Footnote is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Talmudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Aba) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL

Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of Downton Abbey HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY
Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; Antiques Roadshow star Mark Walberg will take over hosting duties on Market Warriors.

Kerger also announced two new series: Ken Burns' The Roosevelts: An Intimate History, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and Constitution USA with Peter Sagal, chronicling the journey of the Wait, Wait … Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, Call the Midwife, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #detachablewillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — Downton Abbey. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, Inventing David Geffen. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song You're So Vain, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.

David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, The Dust Bowl, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale … a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for Half the Sky, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premiers Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

Tricks of the tailor. After 10 seasons, Project Runway still puts on a good show

Heidi Klum GETTY IMAGES

Project Runway, the U.S. reality TV competition for fashion designers, is back and celebrating its 10th anniversary. But even with 125 episodes behind it, the show still has tricks up its meticulously tailored sleeve.

"We had one (challenge) where (the designers) had to make clothes out of candy," Klum reveals, though she is careful to keep the details of other Season 10 challenges a secret. "We went to Ralph Lauren's daughter's store ... Dylan's Candy Bar, and they loved it. I loved it, too. I love the unconventional challenge when they get to make clothes out of things that are not fabric."

The Lifetime series — originally airing on Bravo for Seasons 1 through 5 — still provides plenty of eye-candy, too, as designers compete to craft the best clothing, culminating in the finalists showing their collections at New York Fashion Week. "I think people enjoy watching that dream of another person," Klum says. "You fight for them. You root for them. You want them to do well, and you want to see what they can come up with."

But with big dreams come big egos. Klum warns of a scandal involving two cast members leaving the show altogether this season.

"This has never happened to us before," she says. "I think they just couldn't make it work. We always say, 'Make it work, make it work.' They just could not make it work and in the morning they were gone. They literally packed up their bags and ran off in the middle of the night when everyone else was sleeping. We just couldn't believe it."

Despite the incident, Klum insists Project Runway is still about the contestants' work, not the drama. "Our show is based on talent," Klum says.

JOANIE FERGUSON, MWN

Shanks is knocking on heaven's door

Saving Hope. Actor loves supernatural medical drama's focus on romantic story and character relationships

STEPHEN ERAMO
scene@metronews.ca

Michael Shanks plays Dr. Charles 'Charlie' Harris in Saving Hope. HANDOUT

In the CTV supernatural medical drama Saving Hope, Dr. Charles "Charlie" Harris is the "glue" that helps hold Hope-Zion Hospital together. So naturally his family and friends, especially his fiancée Dr. Alex Reid, are devastated when the chief surgeon is involved in a car crash on the way to his wedding and ends up in a coma.

Unknown to them, Charlie's spirit is wandering the halls of Hope-Zion, watching as life goes on and unable to communicate directly with anyone except others at death's door. Despite the character's dilemma, actor Michael Shanks was immediately drawn to the role.

"One of the things I like about Saving Hope in general is that it's a character relationship-based show, which is a big change after doing a lot of science fiction and action/adventure work," notes Shanks, who is best known as Dr. Daniel Jackson in Stargate SG-1.

"As actors we knew that that sort of relationship stuff had to be secondary because we needed to get on with the action, fighting the villains and solving the problem of the week.

"That's not the case, though, with this series. Yes, there are procedural elements to it, but at the end of the day, the heart of the story relies on the love story and character relationships. So that's what made me excited to do this."

Saving Hope airs Thursdays @ 9:00 p.m. EST/PST on CTV.

2012
LCBO BREWMASTERS CUP
DISCOVER LCBO THE WORLD
WHICH TWO WILL YOU VOTE THROUGH?
As the semifinals commence, four worthy beers are still in the running for the LCBO Brewmasters Cup.
The power rests in your hands to ultimately decide who will be the last one standing.
Cast your vote today at brewmasterscup.com
Vote today!
brewmasterscup.com
WITH 418 CHOICES FROM 39 COUNTRIES, THIS SUMMER, THE LCBO IS YOUR BEER HEADQUARTERS.
Must be legal drinking age.

Amy Winehouse's legacy lives on through charitable programs

One year later. Winehouse's father is pleased her foundation has helped raise more than $1M for charities in the United Kingdom

Amy Winehouse died on July 23, 2011, from accidental alcohol poisoning. NABOR GOULART/THE ASSOCIATED PRESS

Singer Amy Winehouse's father says it's tough dealing with the loss of his daughter, but he's happy she is having a helpful impact on the world through the foundation named after her.

"Even after a small space in time — we're talking a year since Amy passed away — we are beginning, well, Amy is beginning, to have a positive effect on a lot of disadvantaged young people's lives," Mitch Winehouse said in an interview Friday.

Amy Winehouse died on July 23, 2011 at her London home from accidental alcohol poisoning at age 27. The Amy Winehouse Foundation was launched last year in the United Kingdom and in April in the United States.

Amy Winehouse was one of music's critically revered singers, praised for her touching lyrical content, soulful tone and authenticity. Her debut, Frank, was a U.K. success, but her breakthrough came with 2007's Back to Black, a multiplatinum effort that won her five Grammy Awards. Mitch Winehouse says during that peak, "she was Adele and Lady Gaga rolled into one."

In the United Kingdom, the Winehouse family has raised more than $1 million and has assisted various charities. In America, the group is working with the New Orleans Jazz Orchestra to develop "after school music club houses" and feed hungry children throughout Louisiana.

The foundation has raised profits from donations and the release of the Amy's posthumous album Lioness: Hidden Treasures and a book by Mitch Winehouse titled Amy, My Daughter, released this summer.

"I don't feel any accomplishment or any joy," Mitch Winehouse said of the book. "The reality is I shouldn't have had to written the book in the first place."

"I wrote it fairly quickly after Amy passed away. I found writing it quite cathartic and I thought it would help me in my recovery, and to a certain extent it has," he continued. "But reading the book back for edits was very difficult indeed; more difficult than writing the book."

Mitch Winehouse also said there's more Amy Winehouse music on the horizon: "We're working with (music producers) Salaam Remi and Mark Ronson to see what they've got.

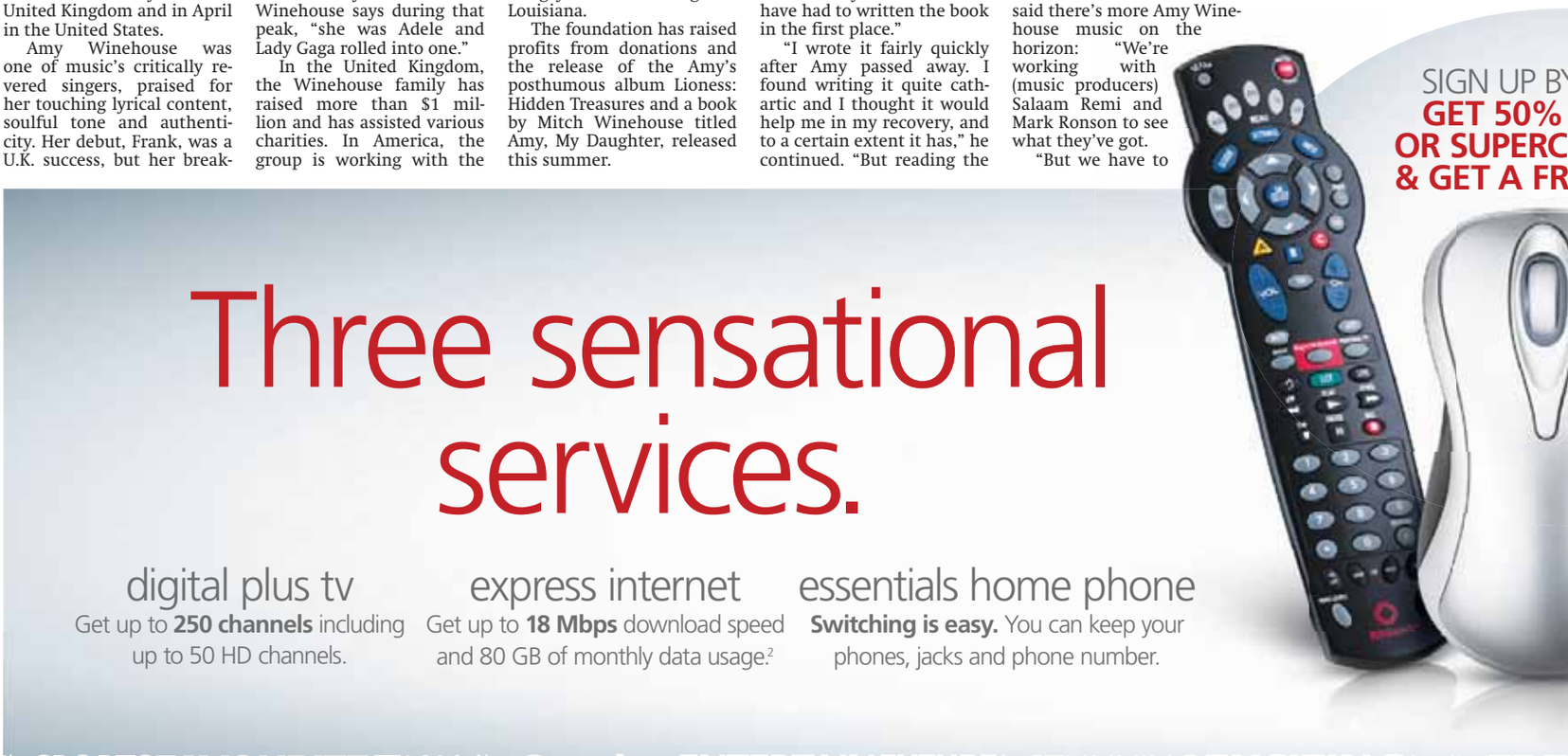
"But we have to be mindful; we don't want to put anything out that could be damaging. It wouldn't be right for Amy's fans."

The first annual Amy Winehouse Inspiration Awards and Gala will take place Oct. 11 in New York and will honour Remi and Tony Bennett, with whom Amy Winehouse won a Grammy with this year.

THE ASSOCIATED PRESS

Winehouse film?

Possible movie. Mitch Winehouse says a film based on his daughter's life is also a possibility. "Whatever we do we have to make sure it's done in good taste," he said. "We don't want a sensationalized movie going out, you know, but equally there's no point in sort of massaging the fact that Amy was an alcoholic and drug addict; no point in pretending that didn't happen," he says.


SIGN UP BY
GET 50%
OR SUPERC
& GET A FR
Three sensational services.
digital plus tv
Get up to 250 channels including up to 50 HD channels.
express internet
Get up to 18 Mbps download speed and 80 GB of monthly data usage.2
essentials home phone
Switching is easy. You can keep your phones, jacks and phone number.
SPORTS FAVOURITE breathtaking LIVE PLAY HD action ENTERTAIN NEW RELEASE MOVIES internet ANYPLACE CONVENIENT FAVOURITE STUNNING PLAY ANYPLACE BREATHTAKING EXCITING

Offers available for a limited time within Rogers cable service area in Ontario only and subject to change without notice to: (a) new Rogers cable customers; and (b) existing Rogers cable customers not currently on a term contract for cable services. Two-year term required. E TV portion includes monthly Digital Service Fee of $2.99 and, where applicable, CRTC Local Programming Improvement Fund Fee (LPIF) of 1.5% of the recurring TV monthly service fee. **2** Speeds may vary with internet traffic, server gateway/router, computer (quality, location apply on a monthly basis and vary by tier of service. Charges may apply for additional use beyond the monthly usage allowance associated with your tier of service. For details, visit rogers.com/keepingpace. **3** May be refurbished and model may vary from that shown. ©2012

Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former That 70s Show co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, according to Us Weekly.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

Y AUG. 6 &
OFF TMN
HANNEL FOR 6 MONTHS
EE HDPVR[3]

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley gets paranoid

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting Paranoia and they've been spotted hanging out for weeks.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com.

"Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks. She makes fun of Miley behind her back, saying she's just a washed-up tween star. Emma feels she has nothing to lose, so she's pushing it as far as she can with Liam."

We like your spunk, Emma. But at this point, Miley's one pair of tattered pink sweatpants away from being a Philly girl — back away slowly, and keep your eyes on those acrylic nails.

Minka Kelly.

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to TMZ.

The video is said to be shot in a semi-professional manner and the website claims it's clear Kelly knows she's being filmed.

Twitter

@SarahKSilverman
When I die I wanna come back as the guy at work that gives all the girls shoulder massages

@ParisHilton
What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.

@justinbieber
when u smile i smile. haha. MUCH LOVE. thanks

@SethMacFarlane
If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

NOW FOR ONE UNBELIEVABLE PRICE.

$82.69/MO[1]

for 6 months with a 2-yr. term.
All monthly fees and
modem rental included.

SWITCH TODAY CALL 1 855 254-4905 CLICK rogers.com/saveabundle
VISIT Your local Rogers retail store

EDOM HD CABLE RE EXCITING MOVIES FREEDOM NEX SPORTS ENTERTAIN PLAY WATCH FUTURE MOVIES cable EASY STUNNING MOVIES
V RELEASE EASY FUTURE breathtaking LIVE
ENIENT FAVOURITE FUTURE HD ANYPLACE CONVENIENT HD FAVOURITE EXCITING

Creating World-Leading Internet Experiences.

ROGERS™

Early cancellation fees apply. Taxes extra. 1 Regular monthly rates for each service will apply after six-month promotional period for remainder of term. Regular monthly rates subject to change. A one-time installation charge of $49.99 and activation fee of $49.99 also apply. in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. Usage allowances Rogers Communications.

3 LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do."

THE ASSOCIATED PRESS

On the Web

Celebrity pregnancies blamed for eating disorders among pregnant Canadians

Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

ROMINA McGUINNESS
romina.mcguinness@metro.lu

The unhappy couple / GETTY IMAGES

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told Elle magazine: "He has been Tom Cruise for 30 years … I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows.

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for? "Two and a half years," advises Katz.

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz.

KATIE HOLMES

HOLMES VS. CRUISE

TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner."

The more time you spend outdoors, the more you are at risk. ISTOCK PHOTOS

Take the bite out of summer

Outdoor precautions. Pests can cause problems beyond just being an irritant so it's best to cover up

Bee stings and bug bites are usually just a harmless summer annoyance, but experts warn they can also be dangerous and cause serious reactions for some.

There is no way to tell how susceptible a person is to bites or stings, says Sharon Domb, medical director in the department of family medicine at Toronto's Sunnybrook Hospital. The more time people spend outdoors, the more they are at risk.

"Almost all flying insects will target areas of the exposed skin," adds Dr. Gordon Searles, president of the Canadian Dermatology Association.

While mosquito bites are the most common insect irritant, other pests can cause problems away from urban settings. Searles notes that ticks are often found in campgrounds and migrate to warm, moist areas of the body like the armpit, groin, back of the knee and hairline. Tick bites can pass on bacteria for Lyme disease.

THE ASSOCIATED PRESS

Ticks

It takes anywhere from 24 to 36 hours for the tick to transmit the bacteria.

- **Bacteria transmitted.** Sharon Domb says it's a good idea to do frequent checks.

Thoughts on...

Making change in your life for the better

One of the hardest things in life is feeling stuck in a situation that we don't like and want to change.

We may have exhausted ourselves trying to figure out how to make a change, and we may even have given up.

However, each day offers us an opportunity to renew our resolve and to declare to life that we are ready for change.

We may even say out loud that we have tried and struggled and have not found a way, but that we are open to help, and that we intend to keep working to create change for ourselves.

Making this declaration to life and to ourselves, may be just the remedy for the stagnation we are experiencing.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

Quote

Making this declaration to life and to ourselves, may be just the remedy for the stagnation we are experiencing.

Enjoy the best outdoor pool
all summer long!
Plus Summer Camps, Indoor Saltwater Pool, Spinning, Pilates, Yoga,
Kettlebells, Heart Wise Exercise Programs and more!
Sign up for a three month or annual membership now and make the most of your summer.
21 Nadolny Sachs Private
One block south of Carling off Broadview
613-798-9818 EXT. 295
SolowayJCC
jccottawa.com

Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds

Slaw

- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

Health Solutions

3 reasons to figure out fish

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

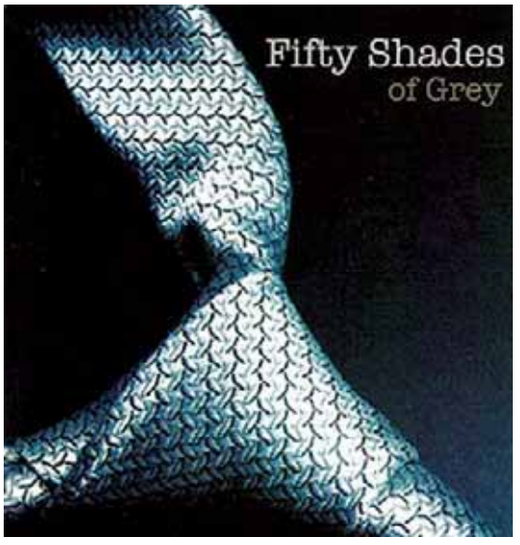
Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

INDIGO EXCLUSIVE OFFER!
Kobo Touch™ eReader
Now Only $99
Includes the eBook
Abraham Lincoln: Vampire Hunter
#1 Editor's Pick
WIRED
MAGAZINE
kobo
THE NEW YORK TIMES BESTSELLER
NOW A MAJOR MOTION PICTURE
TIM BURTON presents a TIMUR BEKMAMBETOV film
Abraham Lincoln
VAMPIRE HUNTER
SETH GRAHAME-SMITH
author of Unholy Night
Indigo
Enrich your life
Indigo Chapters indigo.ca
/chaptersindigo
*Offer ends August 9, 2012 or while quantities last. Pre-selected free eBook has no cash value and cannot be exchanged for another eBook. Offer may change or end at any time without notice. ™Indigo Books & Music Inc. ™Kobo is a trademark of Kobo Inc.

(Sex) life imitating art?



Survey. Kobo recently asked 50 Shades of Grey readers how their bedroom fun compares to the popular book

MELISSA REBER
For Metro

At this point, if you're not reading 50 Shades of Grey, then you're talking about it with someone who has.

The book trilogy, which gained attention for its racy bedroom scenes, has become the go-to summer read for women needing a little fictional escape.

More than 31 million copies have been sold worldwide, and Universal Pictures already plans to make it a movie. We won't be hearing the last of 50 Shades for a while.

Kobo Inc., maker of the Kobo e-Reader, has seen a large peak in interest in the erotica/romance genre since the book's launch in March. They decided to ask how 50 Shades reader's real lives compare to the steamy drama on the book's pages.

Here's what they found:

• 42 per cent said they like to take their escapades outside to the park.

• Good sex just doesn't compare to a slice of chocolate cake, as 78 per cent said they would give up sex and money before food.

• When it comes to the ultimate romantic gesture, surprising her with flowers is the best choice. It beat out a trip to Colorado and a luxury yacht cruise.

• Money narrowly beats sex, 31 to 30 per cent, when asked what people were looking for from their partners.

• Save the costumes for Halloween: silk was the No. 1 choice for bedroom attire at 40 per cent, followed by your birthday suit and heels at 31 per cent.

• 78 per cent said a little dirty talk gets them going.

• 60 per cent of people stick with a horizontal pas de deux, while a few adventurous ones try out the ménage a trois, at 32 per cent. Eight per cent can't keep track and said they "don't do math."

Advice

How NOT to get the waiter's attention

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Currently I am travelling at sea, on the RMS Queen Mary 2 from New York to Southampton, so my column today comes to you just past the midway point for this crossing of the Atlantic Ocean.

Yesterday, while having lunch in the formal Britannia dining room, I observed what could only be described as the strangest behaviour I have ever seen in such an environment.

There was a table of eight guests in the corner with a fantastic view overlooking the ocean racing by at about 22 nautical knots.

Suddenly, one of the gentlemen at this table took his luncheon napkin from his lap and started spinning it above his head as if it were a helicopter blade and he was preparing himself for takeoff.

I must admit that at first I thought there must be some crisis, but then I very quickly realized that this gentleman was simply trying to get the attention of one of the many busy waiters.

Now it truly doesn't matter what country you are from, nor the language you speak; I refuse to believe that everyone in the world doesn't already know this is the wrong way to get a waiter's attention.

But just in case, if you are in a restaurant anywhere around the world or just at your local diner and need your waiter's attention, eye contact is ideal, but if that fails, simply putting your hand up in the air to attract your waiter will suffice. Although I have not observed it on this crossing, snapping your fingers and or "clinking" your glass with your knife blade are also completely inappropriate!

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI PATALANO
Metro New York

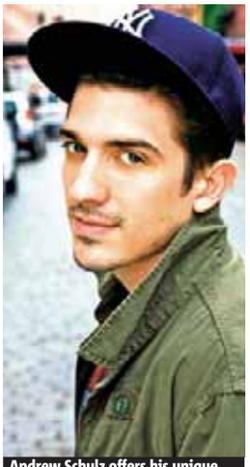
Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?

I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...



Andrew Schulz offers his unique, honest advice on MTV2's Guy Code. HANDOUT

Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?

I'll be really honest with you. We don't even know that we like you until after we sleep with you.

And why is that?

Because it's not even on our radar if we like you. We're so clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?

I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.

Career Training

Become an Addictions and Community Services Worker

Train for a career at:
• Child, youth and family social service agencies
• Group homes
• Correctional and community mental health centres
• Facilities for the physically and developmentally handicapped

Call Now for More Information!
1-866-769-6019
www.TrainAtEverest.ca

Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

16 Convenient Locations in Ontario

Providing Quality Education in Ontario for More Than 40 Years

Ottawa East • Ottawa West

Evening classes vary by campus. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

Career services assistance available to graduates. Morning and afternoon classes available.

Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule. Insurance is one of the best investments you can make, especially when you're young

YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance.

Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be financially devastating.

In numbers

$250,000

The average insurance death benefit in Canada

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

Canada's new mortgage rules: Friend or foe?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

While enjoying the sunshine at my local public pool on the weekend, I read up on the Government of Canada's newly tightened mortgage lending rules.

For the average Canadian home buyer, the change in the amortization period — how long it takes to pay off the mortgage — from 30 years to 25 years could translate into $300 of reduced cash flow each month.

That's equal to a couple's grocery bill or a family's annual school supplies. Over the course of a year that adds up to $3,600 — a family vacation, RRSP contribution or college tuition. But, consider that $300 in reduced cash flow an opportunity to build equity, not money for your one-night party in Whistler.

The reason for the change to the lending rules is to cool down Canada's hot real estate market by reducing the borrowing capacity of homebuyers, who in recent months have been warned about the perils of soaring debt levels — a product of lax lending policies.

Though the new rules make it harder to borrow larger sums of money, they promote frugal living, which translates into less stress and a stronger bottom line. A shorter amortization period will save Canadians boatloads of interest. It also forces buyers to think twice about purchasing a home that is too pricey.

The drawbacks associated with the new rules are that for existing homeowners with 30 to 40-year amortization periods, switching lenders or refinancing will be tough because they'll have to re-qualify under the new rules. Simply renewing with your existing lender shouldn't be an issue.

If you're in the home-buying market, don't get bummed out that you can't borrow as much. Consider it an opportunity to save more of a down payment, look for a less expensive home and negotiate harder on price.

The new rules promote frugal living, which translates to a stronger bottom line. ISTOCK IMAGES

For existing homeowners, these rules should act as additional motivation to build more equity and not accumulate additional debt.

Accelerated weekly or bi-weekly payments allow borrowers to make one to two extra payments annually and most mortgages allow you to prepay up to 20 per cent of the original amount. Accelerating payments in any form can significantly reduce total interest paid.

Kristy Wieber, co-founder and president of Rent Frock Repeat, at the company's studio in Toronto.
CHRIS YOUNG/THE CANADIAN PRESS

Formal and frugal: Stylish ways to save

Invitations to weddings, showers and stagettes often jam the summer social calendar, but they can be a drain on the finances of female guests assembling multiple ensembles.

Some fashion-conscious attendees may feel less inclined to give their new frock an immediate repeat wear while among the same circle of friends at summer festivities.

But fear not, fashionistas: formality and frugality don't need to be mutually exclusive.

For those who have combed through their own closets and exhausted borrowed finds from sisters or friends, rental services offer the promise of a fresh, off-the-rack look for less.

Rent Frock Repeat allows customers to browse online for dresses by designer, occasion, colour and body shape that can be transported anywhere in Canada.

Co-founder and president Kristy Wieber said the reasons for renting vary for each customer, with some simply wanting to experiment with new styles while others are seeking to save.

Rent Frock Repeat has an inventory of about 800 dresses in 150 styles, with sizes ranging from 0 to 16. Plus sizes up to size 24 are set to be available in the fall.

Rental fees are roughly 15 or 20 per cent of the retail cost and run from $50 to $250. Wieber said the average four-day rental is $100 to $150. Eight-day rentals are also available and women can book their look of choice up to four months in advance.

Wieber said they have had bridesmaids renting dresses, as well as brides needing frocks for the many events tied to their nuptials, such as the shower and rehearsal dinner. Some even take dresses on their honeymoon.

THE CANADIAN PRESS

Owning a home shouldn't come at the expense of saving.

Life adds up. Your finances should too.

CIBC Wealth Builder Mortgage™

GREAT LOW RATE

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

EARN $6,000 IN SAVINGS[1]

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1]
On a $400,000 mortgage. Conditions apply. Ask for details.

Visit any branch, go to cibc.com/buildthousands or call 1 800 465-CIBC (2422).

CIBC FOR WHAT MATTERS.

[1]Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4 SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck. Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown.
The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired.
There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out $50,000 in insurance against damages. THE CANADIAN PRESS

Mobile sports

Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

MLB. Yankees get Ichiro Suzuki from Mariners

Ichiro Suzuki is headed to a new team and, after all these years, maybe a shot at playing in the World Series.

The New York Yankees acquired the star outfielder from the Seattle Mariners in a trade Monday for 25-year-old righties D.J. Mitchell and Danny Farquhar. The Yankees, with the best record in the majors, also got cash in the deal.

The trade was announced a few hours before the Yankees played at Seattle.

THE ASSOCIATED PRESS

Ichiro Suzuki GETTY IMAGES FILE

NHL. Byfuglien pleads guilty to careless boating

Winnipeg Jets defenceman Dustin Byfuglien has avoided a trial on drunken-boating charges by pleading guilty to careless boating.

Byfuglien reached a plea deal on Monday, the day his trial was to start in Minneapolis, Minn.

Byfuglien was charged last August with boating under the influence and refusing to take a chemical test after an incident on suburban Lake Minnetonka, Minn. Careless boating is a misdemeanour, and Byfuglien was sentenced to a year's probation, two days of public service, a $1,000 US fine and a day in an alcohol-education program.

THE ASSOCIATED PRESS

Quoted

"After allowing the legal process to play out, we are thankful to see this matter resolved to the satisfaction of all parties involved." Jets general manager Kevin Cheveldayoff in a statement

Nash gets his wish

NHL. Columbus sends star forward to New York Rangers in package deal

The New York Rangers have a new star forward.

The Columbus Blue Jackets have one less headache and three more quality players.

The Blue Jackets finally met captain Rick Nash's mid-season request and dealt him on Monday along with a third-round pick and a minor-league defenceman to the Rangers for centres Brandon Dubinsky and Artem Anisimov, defenceman Tim Erixon and a first-round pick next year.

The deal gives the Rangers a big, sturdy right wing to add to their core of solid young players and also helps them counter moves made by other Eastern Conference powers this off-season. Nash will join a New York offence that includes captain Ryan Callahan, Brad Richards and Marian Gaborik.

The Rangers were the No. 1 seed in the Eastern Conference last season and just missed out on the Presidents' Trophy for most regular-season points. New York defeated Ottawa and Washington in the playoffs before losing to New Jersey in the conference finals in six games. Nash immediately improves their credentials and gets them — on paper, at least — closer to their first Stanley Cup since 1994.

The Blue Jackets, meanwhile, ended months of speculation about what they would do after Nash went to management in January and asked to be traded. He later said, in a curious bit of logic, that one of his main goals was making the Blue Jackets stronger.

"The biggest thing is that when management said when they were going to make a rebuild and a reshape, I thought the best thing for the team and the organization would be to get assets for me," Nash said. "And I thought it would be best for my career."

The move to New York and a perennial playoff team should be a boon to his career, although it will require a major alteration in his lifestyle. Quiet and almost shy, Nash enjoyed playing golf at nice courses and walking around Columbus virtually unnoticed. That will end when he takes his act to the Big Apple.

Nash, the oldest player in the deal at 28, is one of the most decorated players in the league. He is a five-time all-star who helped Canada win a gold medal in the 2010 Olympics. THE ASSOCIATED PRESS

Salary cap hit

- Nash is in the third year of an eight-year contract he signed in 2010, which has an average annual value of $7.8 million US.
- The total salary-cap hit of Dubinsky, Anisimov and Erixon is almost exactly the same.

Rick Nash controls the puck against the Chicago Blackhawks in January. JONATHAN DANIEL/GETTY IMAGES

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in 39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009.

THE ASSOCIATED PRESS

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15.

THE ASSOCIATED PRESS

CFL

Lions' Mitchell banned 2 games

The CFL suspended Khalif Mitchell for two games without pay on Monday after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night.

THE ASSOCIATED PRESS

Sports in pictures

1 NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year.

THE CANADIAN PRESS

2 NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson.

THE ASSOCIATED PRESS

3 NHL. Kris Versteeg back with Panthers

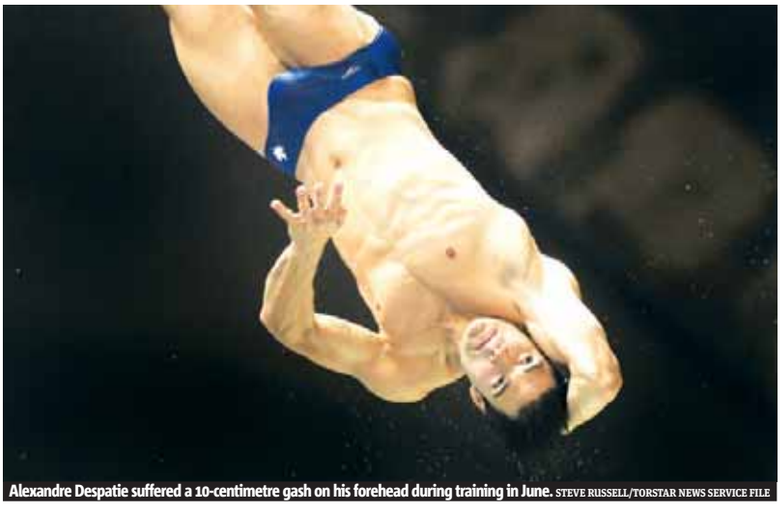
The Florida Panthers and right wing Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing.

THE ASSOCIATED PRESS

Fun strangely absent for Canada

Projections. Crashes, injuries and setbacks have hampered preparation for London



Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smacked his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and a star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the Summer Olympics officially kick off with Friday's opening ceremonies in East London.

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program.

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted Summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

THE CANADIAN PRESS

Mining for medals in London

Canada might be flying under the radar heading into the Summer Games — especially in the traditional glamour events — but here are a few Canucks who should ensure some glory for the Maple Leaf.

THE CANADIAN PRESS
Photos by Getty Images and Torstar News Service

1 Ryan Cochrane

Victoria distance swimmer Ryan Cochrane intends to upgrade the bronze he won in the 1,500-metre in Beijing and go for a second medal in the 400.

Cochrane is a contender in the 400-metre freestyle Saturday, though his bread-and-butter event is the 1,500 on Aug. 4.

2 Mary Spencer

Mary Spencer lost her opening bout of the world championship, which was also an Olympic qualifier, in May.

After an agonizing wait, the IOC's Tripartite Commission gave her a wild-card spot in the 75-kilogram class. The Wiarton, Ont., fighter still has a chance to show she's one of the best in the world.

3 Paula Findlay

Edmonton's Paula Findlay was the woman to beat in triathlon a year ago, but she's had to baby a nagging hip injury. Her first international race this year will be the Olympic triathlon. What Victoria's Simon Whitfield has left in the tank and how rising star Kyle Jones of Oakville, Ont., performs lends intrigue to the men's race.

THE SAMPLE SALE GUYS
THESAMPLESALEGUYS.COM
SUMMER
DESIGNER CLOTHING
SALE
JULY 26 - JULY 29
FIRST TIME EVER IN OTTAWA
4 DAY SALE OPEN TO THE PUBLIC
THURSDAY JULY 26. 11AM - MIDNIGHT
FRIDAY JULY 27. 11AM - MIDNIGHT
SATURDAY JULY 28. 11AM - 10PM
SUNDAY JULY 29. 11AM - 6PM
WOMENS & MENS 2012 COLLECTION
FULL SIZE RANGE
T-SHIRTS, DRESSES, SHORTS, DENIM, BAGS AND MORE
SUPER DRY, JBRAND, MICHAEL KORS, COACH, NUDIE, HUGO BOSS, TRUE RELIGION, BENCH, SCOTCH & SODA, GSTAR, CURRENT/ELLIOTT, RAG + BONE, JLINDEBERG, DVOM REBEL, CITIZENS OF HUMANITY, HUDSON JEANS, DIESEL, SEVEN FOR ALL MANKIND AND MORE.
40%-80% OFF
WE ACCEPT VISA, MASTERCARD, DEBIT, CASH
Travelodge
TRAVELODGE CONFERENCE CENTRE
1376 CARLING AVENUE, OTTAWA, ONTARIO
613.366.2272
THESAMPLESALEGUYS.COM
10% OFF WITH THIS AD*
*Cash only. Some restrictions apply.

Canada's Hesjedal banged up but ready to ride in Olympics

Ryder Hesjedal
DOUG PENSINGER/GETTY IMAGES FILE

Cycling. Victoria star will be one of many still feeling the effects of the Tour de France

While other athletes time their training to peak at the Olympics, the Tour de France cyclists arrive with their bodies still hurting from a brutal 3,497-kilometre trek.

Some, like Canadian Ryder Hesjedal, crashed en route and have the scars to prove it.

Flying off your bike at close to 70 km/h into a tangle of bodies, machinery and unforgiving tarmac is hardly an ideal entrée to the summer Games. But such is the harsh world of elite road racing, where breaking down your body is par for the course.

"It's a hard sport," Hesjedal said dryly from his home in Girona, Spain.

Quoted

"It's a tough sport and it doesn't always go according to plan. That's the way life is, also."

Ryder Hesjedal on having to withdraw from the Tour de France

The 31-year-old from Victoria was hurt July 6 during the sixth stage of the Tour, one of at least two-dozen riders caught up in a nasty crash with 26 kilometres left on the day.

In the carnage of the crash, the Giro d'Italia winner went down and suffered road rash to his hip, knee and ankle. But the real damage came when, upon impact, his leg slammed into another rider's bike.

"Just like a baseball bat being swung into your leg," Hesjedal said by way of description.

Hesjedal withdrew from the race and returned to Spain. Amazingly, after a travel day, he was back on a home training bike the next day for an hour.

"Kind of the worst thing you can do is stop completely for a few days and let the leg seize up," he said.

"I feel good on the bike. It's hard to say unless I did a world-calibre race tomorrow where the real feeling is."

Hesjedal, who was scheduled to leave Monday for London, will find out soon enough at the Olympics. He races Saturday in the road race and Aug. 1 in the individual time trial.

THE CANADIAN PRESS

In high gear

Wiggins heading home on a roll

After making history in Paris, Tour de France champion Bradley Wiggins is heading home to London hoping to add an Olympic gold medal to his yellow jersey.

The first Briton to win cycling's showcase event will start the Olympic time trial Aug. 1 as a big favourite for the gold, after dominating the event twice during the Tour de France.

The 32-year-old Londoner showed during the Tour that he can beat all comers in the race-against-the-clock, even after 2,175 miles of racing over three weeks in one of the ultimate endurance tests in all of sports.

After donning his winner's yellow jersey on the Champs-Élysées, Wiggins immediately began turning his focus to his Olympic race in just over a week. He even promised to forgo the Tour winner's traditional glass of champagne.

"Everything turns to the Olympics and I'll be out on the bike tomorrow and I've got an Olympic time trial to try and win," Wiggins said.

Sacrificing the traditional Tour winner's party was difficult but necessary, Wiggins said, because winning in his home Olympics "is a higher priority than anything else."

Mark Cavendish, Wiggins' teammate on Team Sky, also is aiming to transition quickly from Parisian boulevards to English lanes.

The world champion from Britain's Isle of Man wants to follow up his dominating sprint victory on the Champs-Élysées on Sunday with a win in the Olympic road race on Saturday. If anything, Cavendish is even more heavily favoured to win the road race than Wiggins is in the time trial.

THE ASSOCIATED PRESS

Draped with a Union Flag, Bradley Wiggins celebrates winning the Tour de France on Sunday in Paris.
BRYN LENNON/GETTY IMAGES

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	57	38	.600	—
Baltimore	51	44	.537	6
Tampa Bay	49	47	.510	8½
Toronto	48	47	.505	9
Boston	48	48	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	44	.542	—
Chicago	50	45	.526	1½
Cleveland	47	48	.495	4½
Kansas City	40	54	.426	11
Minnesota	40	55	.421	11½

WEST DIVISION

	W	L	Pct	GB
Texas	56	38	.596	—
Los Angeles	52	44	.542	5
Oakland	51	44	.537	5½
Seattle	42	55	.433	15½

Monday's results
Baltimore at Cleveland
Boston at Texas
Minnesota at Chicago White Sox
Kansas City at L.A. Angels
N.Y. Yankees at Seattle
Sunday's results
Detroit 6, Chicago White Sox 4
Toronto 15, Boston 7
Seattle 2, Tampa Bay 1
Minnesota 7, Kansas City 5
Baltimore 4, Cleveland 3
Oakland 5, N.Y. Yankees 4, 12 innings
L.A. Angels 7, Texas 4
Tuesday's games
Detroit (Fister 4-6) at Cleveland (Jimenez 8-9), 7:05 p.m.
Tampa Bay (Hellickson 4-6) at Baltimore (W.Chen 8-5), 7:05 p.m.
Oakland (Blackley 2-2) at Toronto (Cecil 2-2), 7:07 p.m.
Boston (Buchholz 8-3) at Texas (M.Perez 1-1), 8:05 p.m.
Minnesota (De Vries 2-2) at Chicago White Sox (Quintana 4-1), 8:10 p.m.
Kansas City (W.Smith 1-3) at L.A. Angels (Richards 3-1), 10:05 p.m.
N.Y. Yankees (F.Garcia 4-3) at Seattle (F.Hernandez 8-5), 10:10 p.m.
Wednesday's games
Minnesota at Chicago White Sox, 2:10 p.m.
Kansas City at L.A. Angels, 3:35 p.m.
N.Y. Yankees at Seattle, 3:40 p.m.
Detroit at Cleveland, 7:05 p.m.
Tampa Bay at Baltimore, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Boston at Texas, 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	55	39	.585	—
Atlanta	52	43	.547	3½
New York	47	48	.495	8½
Miami	44	51	.463	11½
Philadelphia	42	54	.438	14

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	55	40	.579	—
Pittsburgh	54	40	.574	½
St. Louis	50	45	.526	5
Milwaukee	44	50	.468	10½
Chicago	38	56	.404	16½
Houston	34	62	.354	21½

WEST DIVISION

	W	L	Pct	GB
San Francisco	53	42	.558	—
Los Angeles	52	44	.542	1½
Arizona	47	48	.495	6
San Diego	41	56	.423	13
Colorado	36	58	.383	16½

Monday's results
Chicago Cubs at Pittsburgh
Milwaukee at Philadelphia
Atlanta at Miami
Washington at N.Y. Mets
Cincinnati at Houston
L.A. Dodgers at St. Louis
Colorado at Arizona
San Diego at San Francisco
Sunday's games
L.A. Dodgers 8, N.Y. Mets 3, 12 innings
Cincinnati 2, Milwaukee 1
Washington 9, Atlanta 2
Pittsburgh 3, Miami 0
Philadelphia 4, San Francisco 3, 12 innings
St. Louis 7, Chicago Cubs 0
San Diego 3, Colorado 2
Arizona 8, Houston 2
Tuesday's games
Chicago Cubs (Maholm 8-6) at Pittsburgh (Ja.McDonald 10-3), 7:05 p.m.
Milwaukee (Greinke 9-3) at Philadelphia (Cl.Lee 1-6), 7:05 p.m.
Atlanta (T.Hudson 8-4) at Miami (Buehrle 9-9), 7:10 p.m.
Washington (G.Gonzalez 12-5) at N.Y. Mets (Dickey 13-1), 7:10 p.m.
Cincinnati (Leake 3-6) at Houston (Harrell 7-7), 8:05 p.m.
L.A. Dodgers (Kershaw 7-5) at St. Louis (Wainwright 7-10), 8:15 p.m.
Colorado (D.Pomeranz 1-5) at Arizona (J.Saunders 4-6), 9:40 p.m.
San Diego (Volquez 6-7) at San Francisco (Bumgarner 11-6), 10:15 p.m.
Wednesday's games
Washington at N.Y. Mets, 12:10 p.m.
Chicago Cubs at Pittsburgh, 12:35 p.m.
Atlanta at Miami, 12:40 p.m.
Milwaukee at Philadelphia, 1:05 p.m.
San Diego at San Francisco, 3:45 p.m.
Cincinnati at Houston, 8:05 p.m.
L.A. Dodgers at St. Louis, 8:15 p.m.
Colorado at Arizona, 9:40 p.m.

SUNDAY

BLUE JAYS 15, RED SOX 7

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
Lawrie 3b	5	3	2	1	Ellsury cf	5	2	2	1
YEscor ss	4	2	3	0	Nava lf	4	0	0	0
Rasms cf	6	2	2	2	Pedroia 2b	4	1	1	0
Encrnc 1b	2	2	1	2	AdGnzl 1b	4	2	2	3
Arencii dh	4	1	1	4	C.Ross dh	4	0	0	0
Lind ph-dh	1	0	1	0	Sltlmch c	4	0	1	0
RDavis rf	4	3	3	2	Sweeny rf	2	1	1	0
Snider lf	4	1	2	3	Ciriaco ph-rf	1	0	0	0
Mathis c	4	0	1	1	Aviles ss	3	1	1	2
Vizquel 2b	5	1	2	0	Punto 3b	4	0	1	1
Totals	**39**	**15**	**18**	**15**	**Totals**	**35**	**7**	**9**	**7**
Toronto					**540**	**020**	**040**	**15**	
Boston					**300**	**112**	**000**	**7**	

DP—Boston 3. LOB—Toronto 6, Boston 3. 2B—Encarnacion (19), R.Davis (11), Sweeney (18), Aviles (24). HR—Lawrie (9), Arencibia (15), R.Davis (5), Snider (1), Ellsbury (1), Ad.Gonzalez (9). S—Y.Escobar, Mathis. SF—Encarnacion, Snider, Aviles.

Toronto	IP	H	R	ER	BB	SO
H.Alvarez W,6-7	5 2-3	8	7	7	1	2
Beck	0	1	0	0	0	0
Loup	2 1-3	0	0	0	0	2
A.Carpenter	1	0	0	0	0	1
Boston						
Lester L,5-8	4	9	11	11	5	2
Tazawa	3	2	0	0	0	5
Melancon	1-3	5	4	4	0	0
Albers	2-3	1	0	0	0	0
Aceves	1	1	0	0	0	1

Lester pitched to 2 batters in the 5th.
Beck pitched to 1 batter in the 6th.
WP—Lester.
T—3:28. A—37,737 (37,067) at Boston.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES — Assigneed OF Raymond Hunnicutt to the Gulf Coast Orioles.
CHICAGO WHITE SOX — Reinstated RHP Gavin Floyd from the 15-day DL.
DETROIT TIGERS—Acquired RHP Anibal Sanchez, 2B Omar Infante and a compensation draft choice between the first and second round of the 2013 MLB first-year player draft from the Miami Marlins for RHP Jacob Turner, LHP Brian Flynn, C Rob Brantly and a compensation draft choice between the second and third round of the 2013 draft.
LOS ANGELES ANGELS — Reinstated RHP Dan Haren from the 15-day DL. Optioned RHP David Carpenter and OF Kole Calhoun to Salt Lake (PCL). Recalled SS Jean Segura from Arkansas (TL).
SEATTLE MARINERS — Traded OF Ichiro Suzuki and cash considerations to the N.Y. Yankees for RHP D.J. Mitchell and RHP Danny Farquhar.
TEXAS RANGERS — Placed RHP Colby Lewis on the 15-day DL, retroactive to July 19. Recalled LHP Martin Perez from Round Rock (PCL).

NATIONAL LEAGUE

LOS ANGELES DODGERS — Reinstated RHP Chad Billingsley from the 15-day DL. Optioned RHP Josh Wall to Albuquerque (PCL).
PITTSBURGH PIRATES — Assigned SS Maxwell Moroff and RHP Hayden Hurst to the Gulf Coast Pirates.
WASHINGTON NATIONALS — Placed SS Ian Desmond on the 15-day DL, retroactive to July 22. Recalled OF Corey Brown from Syracuse (IL).

BASKETBALL

NBA

BROOKLYN NETS — Signed G C.J. Watson.
CHICAGO BULLS — Signed G Kirk Hinrich.

FOOTBALL

NFL

ATLANTA FALCONS — Signed LB Mike Peterson.
CAROLINA PANTHERS — Traded OT Jeff Otah to the N.Y. Jets for an undisclosed conditional draft choice.
DETROIT LIONS — Terminated the contract of CB Aaron Berry. Signed OT Riley Reiff.
HOUSTON TEXANS — Signed WR DeVier Posey.
NEW ENGLAND PATRIOTS — Signed DL Kyle Love.
NEW YORK JETS—Acquired T Jeff Otah from the Carolina Panthers for an undisclosed conditional draft choice. Placed S LaRon Landry, LB Demario Davis, WR Jordan White and G Terrence Campbell on the physically unable to perform list.
OAKLAND RAIDERS — Traded WR Louis Murphy to Carolina for an undisclosed conditional draft choice
PITTSBURGH STEELERS — Signed OT Bridger Buche to a one-year contract.
SAN FRANCISCO 49ERS — Signed CB Darcel McBath to a one-year contract.

HOCKEY

NHL

BOSTON BRUINS — Signed coach Claude Julien to a multi-year contract extension.
CAROLINA HURRICANES — Signed LW Drayson Bowman to a two-year, two-way contract.
CHICAGO BLACKHAWKS — Extended their affiliation agreement with Toledo (ECHL) through the 2013-14 season.
COLUMBUS BLUE JACKETS — Traded F Rick Nash, D Steven Delisle and a 2013 conditional third-round draft pick to the N.Y. Rangers for C Brandon Dubinsky, C Artem Anisimov, D Tim Erixon and a 2013 first-round draft pick.
EDMONTON OILERS — Signed RW Nail Yakupov to a three-year, entry-level contract.
FLORIDA PANTHERS — Agreed to terms with RW Kris Versteeg on a four-year contract.
MONTREAL CANADIENS — Signed F Alex Galchenyuk to a three-year, entry-level contract.
NASHVILLE PREDATORS — Signed F Jack Maclellan to a one-year, two-way contract. Agreed to terms with F Sergei Kostitsyn on a two-year contract.
OTTAWA SENATORS — Re-signed F Kaspars Daugavins to a one-year contract.
WASHINGTON CAPITALS — Named Tim Hunter assistant coach.
WINNIPEG JETS — Agreed to terms with F Maxime Macenauer. Extended their affiliation agreement with St. John's (AHL) through the 2014-15 season.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	21	11	5	5	37	29	38
Kansas City	21	11	6	4	26	19	37
Houston	21	9	5	7	31	25	34
D.C.	20	10	7	3	34	27	33
Chicago	20	9	7	4	22	22	31
Columbus	18	7	7	4	18	19	25
Montreal	23	7	13	3	30	42	24
New England	20	6	9	5	25	25	23
Philadelphia	18	6	10	2	20	21	20
Toronto	20	5	11	4	24	36	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	22	13	5	4	44	27	43
Real Salt Lake	22	12	7	3	33	26	39
Vancouver	22	9	6	7	25	26	34
Seattle	20	8	5	7	25	21	31
Los Angeles	22	9	10	3	38	35	30
Chivas USA	19	6	8	5	13	21	23
Colorado	21	7	13	1	27	30	22
Dallas	22	5	10	7	25	30	22
Portland	20	5	11	4	19	35	19

Sunday's result
Vancouver 2, San Jose 1
Wednesday's game
At Chester, Pa.
Chelsea vs. MLS All-Stars, 8:30 p.m.
Friday's game
Vancouver at Real Salt Lake, 9 p.m.
Saturday's games
Houston at Toronto, 4:30 p.m.
New York at Montreal, 7:30 p.m.
Los Angeles at Dallas, 8 p.m.
Columbus at Kansas City, 8:30 p.m.
Seattle at Colorado, 9 p.m.
Chicago at San Jose, 10:30 p.m.
Chivas USA at Portland, 11 p.m.
Sunday's game
New England at Philadelphia, 7 p.m.

GOLF

WORLD RANKING

Through July 22

1. Luke Donald	Eng	9.81
2. Tiger Woods	USA	8.45
3. Rory McIlroy	NIr	8.41
4. Lee Westwood	Eng	7.89
5. Webb Simpson	USA	6.47
6. Adam Scott	Aus	6.27
7. Bubba Watson	USA	6.23
8. Jason Dufner	USA	5.87
9. Matt Kuchar	USA	5.75
10. Justin Rose	Eng	5.47
11. Graeme McDowell	NIr	5.38
12. Zach Johnson	USA	5.31
13. Hunter Mahan	USA	5.26
14. Steve Stricker	USA	4.90
15. Ernie Els	SAf	4.81
16. Dustin Johnson	USA	4.71
17. Phil Mickelson	USA	4.52
18. Martin Kaymer	Ger	4.50
19. Louis Oosthuizen	SAf	4.43
20. Rickie Fowler	USA	4.39
21. Jason Day	Aus	4.31
22. Charl Schwartzel	SAf	4.28
23. Francesco Molinari	Ita	4.17
24. Brandt Snedeker	USA	4.14
25. Sergio Garcia	Esp	3.97
26. Bill Haas	USA	3.80
27. Keegan Bradley	USA	3.77
28. Ian Poulter	Eng	3.75
29. Bo Van Pelt	USA	3.70
30. Peter Hanson	Swe	3.68
31. Paul Lawrie	Sco	3.53
32. Nick Watney	USA	3.53
33. Nicolas Colsaerts	Bel	3.42
34. Jim Furyk	USA	3.33
35. John Senden	Aus	3.25
36. K.J. Choi	Kor	3.24
37. David Toms	USA	3.21
38. Martin Laird	Sco	3.07
39. Carl Pettersson	Swe	3.04
40. Thomas Bjorn	Den	3.02
41. Fredrik Jacobson	Swe	2.82
42. Bae Sang-moon	Kor	2.74
43. Gonzalo Fernandez-Castano	Esp	2.72
44. Rafael Cabrera Bello	Esp	2.70
45. Mark Wilson	USA	2.69
46. Alvaro Quiros	Esp	2.68
47. Simon Dyson	Eng	2.67
48. Geoff Ogilvy	Aus	2.63
49. Jonathan Byrd	USA	2.61
50. Kevin Na	USA	2.59
51. Aaron Baddeley	Aus	2.55
52. Branden Grace	SAf	2.53
53. Anders Hansen	Den	2.46
54. Ben Crane	USA	2.44
55. Robert Karlsson	Swe	2.41
56. Kyle Stanley	USA	2.40
57. Michael Thompson	USA	2.31
58. Alexander Noren	Swe	2.28
59. Marcel Siem	Ger	2.28
60. Padraig Harrington	Irl	2.23
61. Robert Rock	Eng	2.17
62. Greg Chalmers	Aus	2.15
63. Jamie Donaldson	Wal	2.12
64. Ryo Ishikawa	Jpn	2.11
65. Matteo Manassero	Ita	2.08
66. John Huh	USA	2.08
67. Retief Goosen	SAf	2.08
68. Rory Sabbatini	SAf	2.07
69. Miguel A Jimenez	Esp	2.07
70. Robert Garrigus	USA	2.07
71. Johnson Wagner	USA	2.05
72. Hiroyuki Fujita	Jpn	2.05
73. Spencer Levin	USA	2.03
74. Ryan Moore	USA	2.02
75. George Coetzee	SAf	1.99

CFL

WEEK FIVE

All Times Eastern

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	4	2	2	0	127	133	4
Toronto	4	2	2	0	106	113	4
Montreal	4	2	2	0	108	139	4
Winnipeg	4	0	4	0	78	141	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	4	3	1	0	121	78	6
Edmonton	4	3	1	0	89	56	6
Calgary	4	2	2	0	147	120	4
B.C.	4	2	2	0	106	102	4

WEEK FIVE
Thursday's game
Edmonton at Winnipeg, 8:30 p.m.
Friday's game
Toronto at Montreal, 7:30 p.m.
Saturday's games
Hamilton at Saskatchewan, 6 p.m.
B.C. at Calgary, 9 p.m.
WEEK FOUR
Saturday's result
Hamilton 39 Montreal 24
Friday's result
Edmonton 27 B.C. 14
Thursday's result
Calgary 41 Saskatchewan 38 (OT)
Wednesday's result
Toronto 25 Winnipeg 22

TENNIS

ATP WORLD TOUR FARMERS CLASSIC

At Los Angeles
Singles
First Round
Paul Capdeville, Chile, def. Igor Kunitsyn, Russia, 6-4, 7-6 (5).

ATP WORLD TOUR BET-AT-HOME CUP KITZBUEHEL

At Kitzbuehel, Austria
Singles
First Round
Antonio Veic, Croatia, def. Blaz Kavcic (8), Slovenia, 6-1, 6-2.
Filippo Volandri, Italy, def. Alessandro Gannessi, Italy, 1-6, 6-4, 6-3.
Attila Balazs, Hungary, def. Martin Fischer, Austria, 6-3, 1-6, 7-6 (2).
Martin Klizan (5), Slovakia, def. Dominic Thiem, Austria, 6-1, 3-6, 7-5.
Jurgen Zopp, Estonia, def. Guillermo Garcia-Lopez (6), Spain, 6-1, 6-3.

WTA BAKU CUP

At Baku, Azerbaijan
Singles
First Round
Mandy Minella, Luxembourg, def. Wang Qiang, China, 6-2, 5-7, 6-3.
Tamarine Tanasugarn, Thailand, def. Varvara Flink, Russia, 3-6, 6-3, 6-2.
Alla Kudryavtseva, Russia, def. Kamilla Farhad, Azerbaijan, 6-1, 6-0.
Aleksandra Krunic, Serbia, def. Andrea Hlavackova (4), Czech Republic, 6-1, 6-7 (11), 6-4.
Valeria Solovieva, Russia, def. Olga Savchuk, Ukraine, 1-6, 6-3, 7-6 (1).

metro
CANADA'S FIRST NEWS APP* IN
NEWSSTAND
Now available for iPad, iPhone and iPod touch!
*First to market as of press time.
App Store

Youth movement in Blue Jays outfield

Blue Jays outfielders, from left, Travis Snider, Anthony Gose and Colby Rasmus celebrate a victory in Boston on Friday. WINSLOW TOWNSON/THE ASSOCIATED PRESS

MLB. Toronto sporting the youngest outfield in the majors with Bautista on the shelf

With 21-year-old Anthony Gose filling in for the injured Jose Bautista, and 24-year-old Travis Snider making his case to be the everyday left fielder, the Blue Jays are currently fielding the youngest outfield in the majors. At 25, centre-fielder Colby Rasmus is the wily veteran.

"We're talking about a young outfield, but probably right now, as far as I'm concerned, one of the best outfields in baseball," says Torey Lovullo, the Jays outfield coach.

Bautista can't be replaced — not his 27 home runs, nor his league-leading 11 outfield assists. But while he's unavailable, Jays fans can at least be comforted by the athletic and speedy alignment in his absence.

"With those three guys, we have a chance to close up some gaps quick," said Jays manager John Farrell. "When you consider you have centre-field-type range on the corners, it can take some hits away and some potential damage."

Gose, a natural centre-fielder and among the top defensive outfield prospects in the big leagues, made his major-league debut in right field last week in Bautista's place. He has above-average speed and a cannon for an arm, but is unlikely to stay with the big-league club when Bautista returns, due to his weak offence. He is 1-8 since his call-up and has looked generally overwhelmed at the plate.

Rasmus has broken out this season and is beginning to realize the five-tool potential that made him one of the top prospects in all of baseball just a few years ago.

Meanwhile, Snider personally said he has worked hard over the last four seasons to improve his defence as he converted from right to left field.

That work is most rewarding when it translates into the kind of catch he made on Saturday night in Boston, when he robbed Jarrod Saltalamacchia of a base hit in the ninth inning with a spectacular diving grab.

TORSTAR NEWS SERVICE

Quoted

"As probably the slowest — definitely the slowest — one out of the three, it's fun to be a part of."

Travis Snider on teaming up with Colby Rasmus and Anthony Gose in the outfield

metro CLASSIFIEDS TO ADVERTISE, CALL: 1 800 527-6767

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED
CARS AND TRUCKS
FOR SCRAP AND PARTS.
PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

MERCHANDISE

Public Auctions

PUBLIC AUCTION
Tuesday August 7th, 2012
St-Elias Centre
750 Ridgewood Ave.
Preview: 3:00pm Starts: 4:30pm
MICHAEL SPOONER & SON
613-722-8321
www.spoonerauctions.com

SERVICES

Financial

Need Ca$h Today?
Loans up to $10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title
Loans, Money Transfers.

Mortgages

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649 Lic:10717

HOUSEHOLD SERVICES

General Services

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: 613-724-4777
Central vacuums starting at
$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space for as low as $10/day!!
Call 1-800-527-6767

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Community Events

Body by Vi
Come join us for the 90 Day Challenge!
July 25th 7pm FREE to attend!
Travel Lodge 1376 Carling Ave Rotary Room
Everyone welcome , Bring a friend,
You have nothing to loose only a
" Healthy Life Style to Gain"
Contact Dea at 613-424-0033 for more details.
deabarlow.bodybyvi.com

Community Events

Gotta old couch you wanna get rid of?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

like us metro

Attention Realtors!
Want to reach over 92,600 daily Metro News readers?
Advertise your listings with Metro Classifieds.

2 Listings
Starting as low as
$36 per day
Call 1-800-527-6767 to place your ad now!

PLANTING NATIVE TREES:
A manly way to get The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 Fortress 3 wheeler Scooters In A1 condition Please call 613-565-0704 leave message if no answer.	Black & Decker Adjustable Work Table Good Condition Asking $75 OBO (613)744-8236	Computer Desk $25 Antique Octangle Table $325 (613)824-9909	Entertainment Stand with 2 doors and 10 shelves $55 OBO 613-744-2431	Professional Bakery Equipment FOR SALE 819-351-5260	Sunbeam Breadmaker Almost new $60 Call (613) 560-5985
19 inch Tv apt size $70.00 613-560-5985	Brand new budgie bird cage with 2 budgies. $50 613-746-8702	Day Care Furniture for sale Please call 819-351-5260	Indian Wool Rug Superagra 9 by 12 beige with gold pattern ex condition Asking $500 OBO (613)825-5322	QUEEN size BEDROOM SET (Wood) 2 night tables, headboard and 2 dressers. Good condition. Asking $250.00 OBO 613-824-9909	TEAK dining room table 4 chairs and extra leaf $250 OBO 613-744-2431
2 computer monitors 19 inch - $50.00, 17 inch - $40.00 613-233-8994	Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk	Desk Top Computer Made by TTX Windows 98 with 15" monitor 2 speakers Asking $200 OBO (Connects to Dial up Only) (613)744-8236	KENMORE DRYER white, 2 years old $250 Marc @ 613-889-9768	SONY WEGA 36 inch TV 10 years old, great condition $150 with cabinet - Paid $2000 819-771-5386	Trimline 2600 Treadmill. 4 pre-programmed speeds. Works well. $195 Call 613-421-2094
2004 Gas Scooter Hyosunj 49 CC Only 8,000 kms, great condition, comes with rear case. Asking $1200 819-771-5386	Clothes Dryer Kenmore / Hot Point Heavy duty, good conditon Perfect for the summer cottage $80 (613)744-8236	Don't wait until Spring, Sell Your Stuff Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	STOVE 4 years old $250 613-889-9768 ask for Marc	Your Free Ad Here ! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

♈ Aries
March 21 - April 20
Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

♉ Taurus
April 21 - May 21
You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

♊ Gemini
May 22 - June 21
You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

♋ Cancer
June 22 - July 23
You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

♌ Leo
July 24 - Aug. 23
The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

♍ Virgo
Aug. 24 - Sept. 23
You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

♎ Libra
Sept. 24 - Oct. 23
Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days – but don't let it get out of hand.

♏ Scorpio
Oct. 24 - Nov. 22
You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

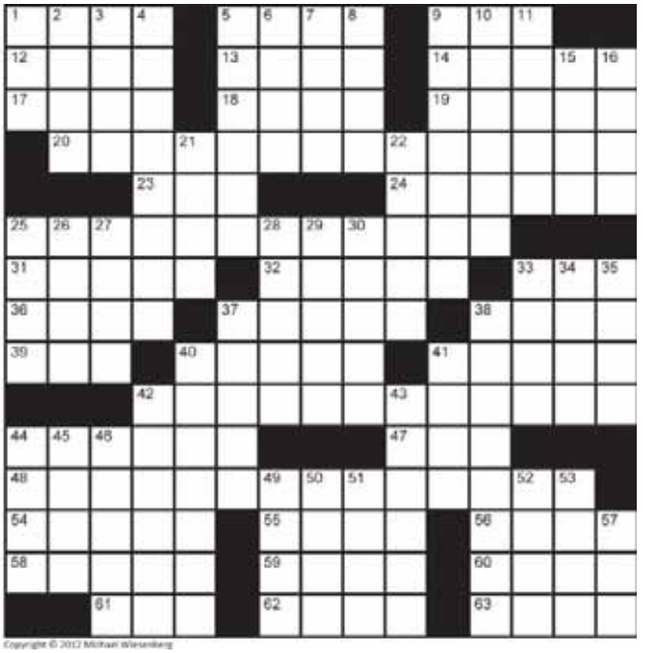
♑ Capricorn
Dec. 22 - Jan. 20
Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

♓ Pisces
Feb. 20 - March 20
Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. SALLY BROMPTON

Crossword: Quotable Notable

BY MICHAEL WIESENBERG



Across
1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ___
39. Bout ref's call
40. Breakfast spots
41. South American ringtailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ___ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across
62. See 20-Across
63. Montréal summers

Down
1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ___ and the Chocolate Factory*
30. "... would thou ___ ne'er been born": Othello
33. Gets ___ deal: is treated unfairly
34. 1920s leading lady ___ Naldi (anagram of TINA)
35. Deliver the coup de grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie
53. Actress Hudson or Winslet
57. ___ Eisley, *Star Wars* cantina town

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6				2		4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

Friday's Sudoku

1	5	9	7	2	8	6	4	3
7	8	6	4	9	3	1	2	5
3	2	4	1	6	5	7	9	8
6	3	7	2	8	1	9	5	4
4	1	2	9	5	6	3	8	7
5	9	8	3	7	4	2	6	1
9	4	1	6	3	2	5	7	9
9	6	3	5	4	7	8	1	2
2	7	5	8	1	9	4	3	6

Today
27°/13°
Partly cloudy
Wednesday
27°/16°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

Sharability

easy hard

Retail Locations:
Ottawa—Rideau Centre
Rideau Centre Mall
Tel. (613) 237-2297
Ottawa—Westboro
400 Richmond Rd.
Tel. (613) 715-9050
To learn more about our company, to shop online, and to find all store locations, visit our web site.
Canadian Inspired
Made in USA—Sweatshop Free
americanapparel.net
Bodysuits
That's American Apparel®